
1. Making Career Decisions

Making Career Decisions.....	1.1
Make Yourself Happy	1.2
Lesson Plan: Make Yourself Happy Overview	1.2
Test: Make Yourself Happy	1.3
Answers to Test: Make Yourself Happy	1.4
Lesson Plan: Making Career Decisions Workshop.....	1.5
Lesson Plan: Alumni Career Experiences Panel Discussion.....	1.6
Learning About Practice Opportunities	1.7
Lesson Plan: Learning About Practice Opportunities Overview	1.7
Test: Learning About Practice Opportunities.....	1.8
Answers to Test: Learning About Practice Opportunities.....	1.10
Lesson Plan: Practice Types Panel Discussion	1.12
Lesson Plan: Practice Types Road Trip	1.13

Sample

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Sample

Making Career Decisions

Career decisions can cause both excitement and anxiety in young and experienced physicians. This chapter begins with advice to make decisions that are consistent with personal and professional values and goals. It then outlines an approach for articulating the key issues that define the physician's ideal practice opportunity. Finally, it describes practice opportunities in a variety of settings.

Residents' interest in practice opportunities grows as they approach the completion of their training. Your program's faculty and alumni, and physicians in the community, can share their experiences and insights to allay your residents' anxieties.

Several lesson plans in this chapter are "information exchanges" in which residents share their experiences finding, evaluating, and selecting practice opportunities. Consider scheduling this as a kind of support group that meets regularly through the last 18 months of training.

Sample

Make Yourself Happy

Through the medical education process, decisions have been sequential and choices have been clear. As the resident physician approaches the completion of training, decisions multiply and choices are more complex. The first step in making career decisions is to know yourself.

The general educational goal of the curriculum for making career decisions is helping participants understand their individual objectives, values and goals, and articulate the components of their ideal practice opportunity.

Lesson Plan: Make Yourself Happy Overview

Educational goal

Participants appreciate the importance of understanding their personal values and goals, and outlining their key issues as a prerequisite to their job search.

Activities

Participants read Chapter 1: Making Career Decisions and participate in a lecture-discussion.

Instructor conducts a lecture-discussion on:

- ▶ Understanding your personal values and goals.
- ▶ Things to consider when outlining your key issues.

Participants complete Test: Make Yourself Happy.

Hours of instruction

1:30, including reading

Scheduling guidelines

Winter of GY-2 to Summer of GY-3

Notes

Test: Make Yourself Happy

1. Why is it important to first learn about yourself when making career decisions?

2. List three areas of personal and professional values and goals.

Sample

Answers to Test: Make Yourself Happy

1. Why is it important to first learn about yourself when making career decisions?
 - ▶ So that you will be more likely to make decisions that will make you happy.
2. List three areas of personal and professional values and goals.
 - ▶ Community
 - ▶ Control
 - ▶ Family and Friends
 - ▶ Other - Everyone gets at least one right!
 - ▶ Patients
 - ▶ Professional achievement
 - ▶ Practice setting
 - ▶ Religious Beliefs
 - ▶ Security
 - ▶ Standard of living
 - ▶ Time

Sample